

The Mount Allison University Fitness Centre is pleased to offer personal training services. Members and non-members of the Fitness Centre are able to work with an exercise professional to help reach all their personal fitness goals and pursue a healthier lifestyle.

**Our Goal:**

Promote healthy living by providing clients with knowledge and confidence necessary to achieve all their personal fitness goals.

**Benefits of working with our Personal Trainer:**

- Gain knowledge about exercise and fitness
- Get a personalized program designed to help you achieve your personal fitness goals.
- Can help with general conditioning, sport specific training, weight loss, weight gain and overall health improvement.
- Monitoring and motivation
- Assessment/Re-Assessment to assure improvement

**\*Please note all personal training sessions are 1 hour \***

**Initial Session (1 hour)**

Initial session includes a health history, goal setting and program design specific to your needs and goals.

**Individual Session (1 hour)**

Individual sessions include instruction on proper technique, instruction on new exercises, motivation and support.

<b>MOUNT ALLISON UNIVERSITY-FITNESS CENTRE PERSONAL TRAINING RATES</b>	
<b>Members</b>	<b>Non-Members</b>
1 Hr Initial Assessment w/ Program \$40	1 Hr Initial Assessment w/ Program \$50
1 Hr Individual Session w/ Trainer \$40	1 Hr Individual Session w/ Trainer \$50
3 Individual Sessions w/ Trainer \$120	3 Individual Sessions w/ Trainer \$150
8 Individual Sessions w/ Trainer \$280	8 Individual Sessions w/ Trainer \$350
1 Hr Partner Session w/ Trainer \$60	1 Hr Partner Session w/ Trainer \$75
3 Partner Sessions w/ Trainer \$180	3 Partner Sessions w/ Trainer \$225
8 Partner Sessions w/ Trainer \$420	8 Partner Sessions w/ Trainer \$525

## **Personal Training Policies & Procedures**

### **1. Payments**

Individual session payments can be made at the Mount Allison University Fitness Centre. All other packages or multiple session payments can be made at the 2<sup>nd</sup> Floor of the Mount Allison University Athletic Centre. Payments are to be made by cash or cheque prior to the appointment. All prices include tax.

### **2. Appointment Cancellation**

Cancellations must be made at least 24 hours in advance of scheduled sessions. Sessions cancelled less than 24 hours in advanced will be charged in full to the client without re-scheduling.

Sessions shall be 60 minutes in length and shall start at the scheduled time. Sessions will not be extended due to tardiness of the Client or due to interruptions made by the Client. Any Client who has not arrived within 15 minutes after the scheduled time shall be deemed cancelled and will be charged for the session.

### **3. Booking Appointments**

To book an appointment please contact Fitness Centre Coordinator Gaetan Richard – [gerchrd@mta.ca](mailto:gerchrd@mta.ca)

### **4. Refund Policy**

No refunds will be issued for services purchased.